

REFLECTIVE LISTENING TECHNIQUES

This technique helps both children and adults identify and trust their feelings and express them constructively.

1. Be attentive and through your body language show you are open to listening.
2. Hear and define the feeling after listening with full attention. Ask yourself, “What is she feeling?” Think of a word that describes that feeling.
3. State the feeling. Use the feeling words in a sentence. Sometimes your sentence will take this form:

You feel_____because_____.

Or

It's really_____when_____

List some feelings.



- ◆ Remember that we all want to be heard and understood, and that reflective listening is a communication tool to make this easier.
- ◆ Infant/toddler care is a particularly emotional task; caregivers/teachers and family members have very strong feelings about the care of young children.
- ◆ These feelings can sometimes cause us to be in conflict with each other.
- ◆ Sharing our feelings in appropriate ways is the first step to true partnership with families